

Norchester Red Knights
PLAYER CONTRACT

I _____ do hereby agree to participate in the Norchester Red Knights (NRK) Football and Cheerleading Association. I understand that a risk of injury is inherent in participation in the sports of Football and/or Cheerleading. I agree these risks have been adequately explained to me and I voluntarily accept/assume them. I hereby pledge to exhibit “good sportsmanship”; act as a “role model”; and comply with the NRK Code of Conduct. **I further pledge that:**

- I will:** [1] Be respectful of my parents, coaches, teammates, opponents, game officials, and teachers.
- [2] Complete all homework assignments and work to improve my grades at school.
- [3] Attend all practices and games; be on time for practice and games, and ready to play or perform when called upon.
- [4] Work to improve as a player/cheerleader, teammate and/or person.
- [5] Encourage my teammates.
- [6] Bring my own water to practices and games.
- [7] Keep all of the equipment issued to me clean and safely in my possession at all times
- [8] Notify my coach as far in advance as possible, if it is necessary for me to miss a game or practice.

- I will not:** [1] Use foul or demeaning language.
- [2] Mock, taunt, or demean another member of my team or an opposing team
- [3] Fight with another player.
- [4] Talk back to or be disrespectful to my parents, teachers, teammates, coaches, volunteers, and/or any game or league official.
- [5] Damage the property of another.

I agree to conduct myself accordingly. I understand that a failure to abide by these rules could result in disciplinary conduct including but not limited to a penalty, ejection, game forfeit, suspension, and/or disqualification from further participation.

Player’s Signature _____

Parent/Guardian’s Signature _____